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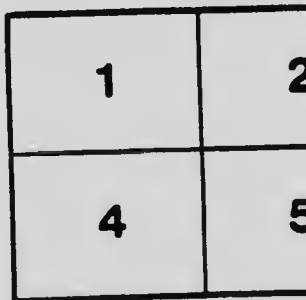
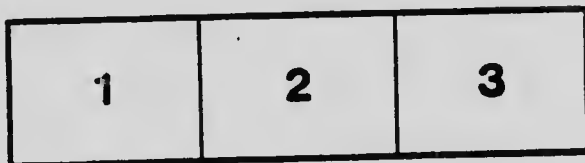
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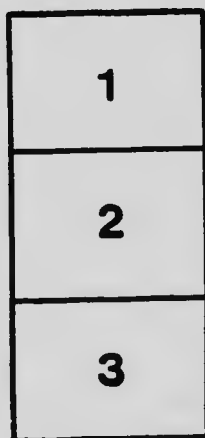
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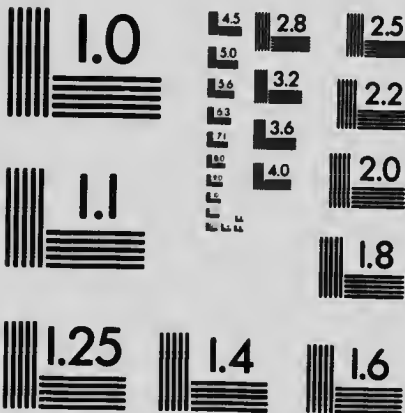
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# HAPPINESS

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— By —

**A. J. KAPPELE**

*Author of*

*“Utopian Snapshots”*



**VANCOUVER, B.C.**

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# *HAPPINESS*

— BY —

*A. J. KAPPELE*

*Author of*  
*"Utopian Snapshots"*



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# HAPPINESS

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*"It is our great unhappiness . . . that we are uneasy and dissatisfied."*

—ARCHBISHOP WAKE.

\* \* \* \*

*"There is to every wrong and vicious act a suitable degree of unhappiness and punishment annexed."*

—WALLASTON: RELIGION OF NATURE, 8.

\* \* \* \*

It is time the peoples of the world awakened and realized the true issue. Happiness cannot be found at your bankers, and you cannot issue cheques against it. It can, however, be had by everyone for the seeking. It is a mental condition. Once a person understands this thoroughly, the rest is easy.

In the first place, we should not attach ourselves to anything produced by man; but rather seek our pleasures and our treasures among the beautiful and inspiring works of the Creator.

When we stop to consider the wonders in nature which surround us, it seems almost impossible that there should be any unhappiness in the world. Unhappiness being caused by wanting something we have not got, or the result of our own actions, it follows that if we are unhappy it is because we want something the Creator did not think it wise to

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let us have, or because we have done something which we know is wrong. Think it out.

\* \* \* \*

Many rich men pay fortunes for original paintings, and other works of art, who would see no beauty in the original or real picture, forgetting that the one is the work of the Creator and the other a poor copy made by man. The reason is not hard to find. The real picture has no commercial value, for the reason that it is common property and free to be viewed by all; while the lifeless, imperfect reproduction has a commercial value, for the reason that the owner can say it is the only one in existence, and can place it in his gallery, where it gathers dust and is admired by decayed old sinners who have never picked a flower or walked in the forest in their miserable, selfish careers—and then they do not appreciate the picture, only seeing the money it represents. Other rich men acquire large tracts of land, and build high fences around them to shut out the vulgar admiration; and then go to their palatial offices on the stock exchange and corner the wheat crops, or some other essential to the very life and existence of those more honest and, therefore, more worthy than they. It is a fortunate thing that there is not a less attractive world close by, as most of us would be on it; and a rich syndicate would be in control here, selling admission tickets at the gate. How sad the whole miserable fiasco is!

\* \* \* \*

It is necessary, then, to be happy, to love nature and everything created by the Almighty. . . . Love one another.

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It is also necessary to envy no man for what he has, but it is helpful to envy a man for what he is.

It is also necessary to do things. Doing suggests action, execution, performance. "To him that knoweth to do good and doeth it not, to him it is sin." James iv., 17.

The Lord worked six days, namely, all His life, and on the seventh day He rested. Get busy and try to deserve a rest.

Don't get stale. Every time you help the other fellow in distress, you add a stone to your foundation of true happiness. Lay your corner-stone without delay. Don't look for any return to your good acts. Let your one idea be to do good. Never mind about the result—there will be only one.

\* \* \* \*

Be grateful for kindness shown to you; and see to it that you return a good deed, with interest, if the opportunity presents itself, or, better still, make the opportunity—lest you forget. On the other hand, if the other fellow tries to show his appreciation for some kind act for which you have been responsible, do not make it hard for him to repay you; instead, anticipate his wish and meet him half way, thus assisting him on the road to happiness by helping him to play the game.

\* \* \* \*

It is selfish in you to refuse repayment. If you did your good act in the right spirit, you will remember the pleasure and satisfaction you derived in so doing. Let the other fellow experience the same sensation.

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Don't look upon kindness shown, with suspicion. There are still some sincere people in the world. Believe in them, and it will help them to be sincere.

\* \* \* \*

You are always certain when you have done a real good act. It stimulates you, acts quicker than the strongest medicine, and leaves nothing but good results. Try it.

The truth of the matter is, the more good acts one does, the greater the pleasure; this is because the more you do, the more you are able to do, without giving the action any thought; in other words, the action becomes spontaneous and not studied. In fact, it becomes a habit. Get the habit.

\* \* \* \*

A sincere act has a different complexion from one with a motive behind it. Sincerity is everything to you, and a duty you owe the other fellow.

Good acts with a string attached to them are not good acts so far as the doer of them is concerned; in fact, acts of this nature are worse than wrongs done: they are deceitful and tend to destroy our confidence in human nature.

\* \* \* \*

Remember, also, that chickens come home to roost; and you cannot escape the consequence of your acts, whether they be good or evil. Therefore, there can be no argument concerning the course to follow. The trouble is that we are all so impatient that we are not willing to give our good acts time to bear

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fruit, and prefer to take a chance on the future in order to get the quick returns which always follow a wrong action.

\* \* \* \*

A man who does not love children must revise his life.

\* \* \* \*

We must also find time to be patient with those with whom we come in contact, listening to their views and making them feel comfortable. If we differ with them, point out wherein we cannot agree; don't speak authoritatively, but rather suggest that there are always many angles to every topic worth discussing. Do not tell the other fellow that he is wrong or does not know anything; this is unwise. Leave him feeling that you have both learned something. Experience will convince a man when all arguments have failed.

Don't be afraid of making mistakes. The more breaks you make, the quicker you stop. But don't practice on the other fellow. Make your mistakes at home; and, when you have recovered, you will be fairly safe to mix with your friends and acquaintances.

\* \* \* \*

Everyone should have a "hobby," something useful or instructive—a pursuit which one follows with zeal and enthusiasm.

\* \* \* \*

A man is worse than a slave if he is engaged daily in an occupation he does not like. This is the trouble with most of us. When we are young, our parents or guardians apprentice us to work we are not suited for, or make pro-

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professional men or artists out of us when we might have become useful members of society on a ten-acre farm.

\* \* \* \*

Find out what your mission in life is—what you were born to do—and stay with it. Don't be afraid to give up your present position to launch forth in a career of your own choosing.

\* \* \* \*

A man in a rut, whether as to conduct, thought or feeling, is narrow and a great hindrance to society. If you are in a rut and can't get out, pull the earth in on top of you and thus make the road smooth for the experienced man who follows.

Getting out of a rut is like getting the best of a well-matured bad habit. You feel rejuvenated. Don't be afraid of trying it. You are taking bigger chances by staying in the rut than you can possibly take by climbing out and seeing what the world *really* looks like.

\* \* \* \*

*Above all*, speak the truth about yourself.

Try it; and you will find that the other fellow is not nearly as shocked as you expected him to be. He really is not shocked at all; but he may be surprised at your candor, and inwardly wishes that he could, or dared, do likewise.

\* \* \* \*

Telling the truth about oneself is like getting rid of a bad tenant, or letting fresh air into a room made foul by want of ventilation. Looking at it from any angle, it is better to

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Speak the truth. When you don't you only try to deceive yourself, but you can not fool yourself. Some people really do fool themselves; but most of them, when they get dangerous, are put under lock and key.

Be wholesome. Don't listen to conversations meant for other ears. Don't speak in a loud voice about your exploits.

\* \* \* \*

It is a pity that Christmas only comes once a year and Sunday only on the seventh day. If we all did our duty and rich men were afraid of the future, as they have every reason to be, everyone could have a meal every day in the year, without trusting to a charity dinner on Christmas Day, which, at the best is a *cold* affair.

It is really wicked to give poor people more than they can eat on Christmas Day and let them live on its memory for the rest of the year. Treat them square during the whole of the year, and they will be able to have their own Christmas dinner, purchased with their own money, and, consequently, enjoy it more than the millionaire's banquet, purchased by his employees and washed down with the blood of innocents.

Convert the rich man at home, and you will do more good than by adding three or four more forms of worship to the simple form which a lot of the so-called heathen nations are blessed.

Leave these people to themselves, and take some of our own medicine first, and agree on one God for all and a straight and narrow way to the Creator of all things worth while.

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The man whose hobby is making money should be placed somewhere, well segregated from the rest of us. He is the real menace to happiness. All the laws passed are for his protection, put through the House by his paid servants. The really poor decent man does not need a criminal code—he does not need protection; while, on the other hand, the rich are certainly in need of that measure of protection which some day they will find hard to obtain in this age of thought and education, and, when they turn to the Almighty for assistance, I *know* that they will be unable to frame a prayer which will reach the ears of Him who has been so patient and long-suffering.

\* \* \* \*

Happiness cannot be acquired in a day—it is your reward for good deeds; it comes to you in the night, when you have *earned* it. Don't look for it; in fact, if you look for it you will never attain it. Forget self and you will realize your desire when you can see the other fellow happy, and—be glad that he is. It is the result of consistent and continuous acts of kindness; it is the result of a storehouse of love kept in circulation. Small profits and a large turnover is what makes a successful business—same with kindness and happiness. Kind actions kept in cold storage are not worth much when they are handed out. Like all other articles whose home is the cold storage plant, they become stale soon after the thaw. Like begets like.

Don't be narrow in your views. If you think a certain line of action, thought or conduct wrong, don't indulge. Don't think, however, if you see your friends do something, which



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you firmly believe to be wrong, that it *is* wrong. Be a man; be sensible; use your head; travel when you can; keep your money in circulation; read good books; talk to everyone who will listen to you—get them to talk. Don't wait to be introduced, for, if you do, you will seldom meet the man most worth meeting. The man you don't want to meet is generally introduced to you. At any rate, you can't help meeting him. He makes so much noise that he disturbs the thoughtful, decent fellow. Lock the disturbers of the peace in a well-guarded abode, far from the clean element, and you will find that they all wear silk hats and have smooth hands.

\* \* \* \*

Most men who force an introduction should carry with them testimonials from reliable citizens who have found them out.

Again, it is not so much what you have not, as what the other fellow has, that worries us. This is true, so reflect.

Remember also, the fact that we do not happen to have all the other fellow has gives us a greater opportunity for real happiness. In other words, every time we obtain what we want, we automatically shut off one avenue of happiness. For this reason, we should never go after anything and get it without having something new to accomplish. The man who, through his wealth or position, has everything or is in a position to purchase everything he desires, has left his real pleasures of life behind him; in fact, he never experienced any. The man who has nothing has pleasures untold ahead of him, which no one on this earth can deprive him of, if he is really in earnest and

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is willing to do his part by hard work and perseverance.

Did you ever stop to consider the pleasure you experienced out of your first toys, or the realization of your first humble ambitions? If you are a plodder, you have fun all the time. To the thinker and hard worker, naturally, come the keenest pleasures. Planning ahead and seeing your plans mature, even if slowly, is true happiness and contentment. Further, it is better to have your desires satisfied one by one.

There is no degree of happiness. If you are happy, stay happy. One little thing will make you happy; while a large fortune, left you by a rich uncle, is confusing and apt to change a man from a strong socialist to an employer of under-paid labour.

\* \* \* \*

It is better to train your mind to enjoy things without possessing them. Nature is a storehouse of pleasure for everyone. The whole world is a playground and we but children, tired of our old toys, crying for everything beyond our reach and overlooking nature's playthings strewn along our path. Keep your eyes open, and you can see on all sides of you beautiful objects unsurpassed by man; and, if you are a student of human nature, you can satisfy your humourous side by watching the actions and conduct of those around you. Truly, we are all rich in the true sense, if we only realized it; and those who are really poor are those who have made money easily, making it possible to purchase everything money can buy, but nothing worth while.

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It is a direct insult to the Creator to wish for wealth in the shape of worldly possessions. Surely we are all anxious to know what line of conduct we should follow. Most of us are in search of the truth; but we follow so many blind trails that we do not arrive anywhere. If the fact were, that living, as the Deity meant us to live, was a hardship, one might not be surprised to find few followers of Him, we must all account to some day. But the fact is, that when we follow in the footsteps of the Deity, we are led through paths only trod by those who have made it possible by their own endeavour to see and which are strewn with flowers and blessings all along the journey. The whole thing is so clear to a thinking man, and as difficult to explain. To be candid, the most anyone can do is to try and interest our fellow-men and get them to experiment for themselves. Truth cannot be imparted—it must be experienced.

Once a man or woman sincerely tries to find out the truth, he or she, as the case may be, is bound to meet with a certain measure of success—sufficient, at any rate, to warrant a more determined effort; and as success brings success, as the years roll on, they will eventually find themselves in a new world, as it were, and they will be surprised to find that what before appeared hardly worth while is now everything, and what they prized before, applause, admiration and power, seen in their true light, are as vapor which disappears with the rising of the sun. There is nothing in the world worth longing for; anything worth having, you already have. The Almighty started us all out equally, but it remains with us to determine what we will take with us when the trumpet blows. One thing is cer-

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tain, that we cannot take with us what most of us prize in this world—money and power. So should we not consider carefully what this ought to teach us?

Our life here, at the best, may be compared to a man waiting at the station for a through train to take him to his destination. Why, then, waste our few moments here by grabbing everything in sight, only to find, when the train arrives, that there is no room for our baggage? Again, when we pass on from this world, the future is so vast that we should try to take with us something imperishable, something real. When a man starts out on a long expedition, from whence no one has been known to return, would he encumber his baggage with gold? No. He would see to it that he had meat and drink, and plenty of it, and would certainly leave his silk hat and his frock coat at home. Get ready for your journey. See that your compass is true, and provide yourself with a Guide who alone knows the one and only trail.

Make your body and your brain the willing servants of your soul. Don't let your soul exist in an unhealthy atmosphere of worldly thought and aspirations and lusts of the body. Our conscience is, after all, our soul trying to assert itself. We have all felt it: some more, some less, depending entirely on how often the soul has triumphed over the intellect and flesh.

Will-power is only the soul in control; and the more often temptations are overcome, the more beautiful and healthy becomes the soul of man. The soul, developed as God meant it to be, becomes more beautiful and perfect than the finest rose ever created. The fact is,

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the Creator thought that, by showing us what wonderful creative powers He had, that we would not miss an opportunity of making the soul, as it was meant to be, the most wonderful of all God's works. Think this out. It is the blossom of the human race; it is something to be prized above all things, individually or collectively, and something to be cherished and nourished like the most delicate of God's creations. Our bodies are but the root; our brains but the foliage, whose duty it is to gather sunlight and warmth; and our soul is the finished blossom. Let us realize this; and, just as we would cherish a beautiful, rare plant, let us see that our body is planted among nice surroundings and healthy environments, and that our brains are directed towards brotherly love, unending kind thoughts, and our soul will flourish and become a thing of beauty to all who come in contact with us.

Look at yourself to-day and see where you are planted. Look into your thoughts and see if they are clean and wholesome, and, if they are not, lose no time before you begin to cultivate yourself, and, if necessary, transplant, thus bringing back to health a soul dried up and shrunk from want of proper nourishment.

\* \* \* \*

In conclusion, be human in all things: loving all the Almighty made for us before He felt that He dared start us out to prove our appreciation and our real worth, always remembering that true happiness springs from within. Most people think they are happy when they are able to forget themselves.

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If you have to be entertained, and thus forget yourself for the time being, rest assured you are miserable when you have nothing to distract your attention and you realize your own worthlessness.

If you can look inwardly at yourself and honestly be happy, you do not have to go to a comic opera or cloud your brains with drink to enjoy life here; so that, when the great day comes, you can pass on to the final, long journey, knowing that the world is better for your short sojourn here, and looking forward to arrive with Him who alone understands all things.









